

N^o 3157



A.D. 1903

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COMPLETE SPECIFICATION.

An Improved Grip Handle and other Fittings for Exercising Apparatus and like purposes.

I, FREDERICK WILLIAM CROUCHER, of Avondale Road, Fleet, Hants, Manufacturer of Athletic Appliances. do hereby declare the nature of this invention and in what manner the same is to be performed, to be particularly described and ascertained in and by the following statement:—

5 This invention refers to chest expanders and other exercising apparatus. The present handle of such apparatus consists of a wooden gripping handle grasped by the hand, and held at a right angle to the pull by a three-sided metal loop, the return ends of which enter the ends of the wood handle, and which loop is usually formed of strong wire, and has one or more rings or eyes on its other
10 end to receive the ends of the elastic. or other cords, or spiral springs.

My improvements consists in forming an additional wood or metal grip held between two extension bars projected from and rigidly attached to the first grip handle, and swivelled on the return ends of the metal loop, which connects and supports said gripping part. My other improved fittings consist of an
15 improved cleat or cord adjuster and of connecting hooks and eyes and the like.

I will now describe my invention with reference to the accompanying drawings in which:—

Fig. 1:—shows an elevation of the usual wire loop and handle with my improvement added thereto.

20 Fig. 2:—shows a side view of same.

Fig. 3:—shows a hand operating the extension handle.

The dotted lines show the wrist action. It also shows the new handle connected to an elastic cord with my improved adjustable cleat *i* and my improved wall plate and connecting hooks.

25 Fig. 4:—shows the adjustable cleat and cord in a different position with a longer stretch of the double cord, and also the improved connecting hooks.

Fig. 5:—shows a section of my improved adjustable cleat with cord in position, and displays its three internal passages.

Fig. 6:—shows sections of two other forms of the cleat.

30 Fig. 7:—shows a front and side view of a combined thimble and hook.

Fig. 8:—shows a front and side view of a combined thimble and swivel hook used in connection with loop *a*.

Fig. 9:—shows a wall plate combined with a swivel hook.

The dotted lines in Fig. 1. show a dumb-bell of wood or iron substituted
35 for the ordinary wood handle *f*. The dotted lines in Fig. 2 show my extension at right angles to the line of resistance.

a.—is the wire loop or frame of the handle as now made.

b:—is the gripping part of same.

c:—is one of the return ends of the loop *a*.

40 *d, d*:—are my extension bars which are made rigid with *b*, but swivel on the ends *e*.

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An Improved Grip Handle and other Fittings for Exercising Apparatus, &c.

e, e:—are holes in the bars *d* in which the return ends *c* can be placed when desired.

f:—is the second gripping handle which is rigidly attached to ends of bars *d*.

g:—is the dotted end of a dumb-bell which can be substituted for *f*. 5

h:—is the hand of the operator.

i:—is the adjustable cleat or cord adjuster.

j:—is the cord.

k:—is the metal collar inside *i*.

l:—is the passages in *i*. 10

m:—is the combined thimble and hook.

n:—is the combined thimble and swivel hook.

o:—is the wall plate with swivel hook *p*.

p:—is the swivel hook in *o*.

The method of use of the handle is to grasp one of the handles *f* tightly in each hand and employ the bars *d* as levers to operate the apparatus, holding the said handles *f* at different angles to the line of resistance. 15

In this way the wrist joints can be exercised both forward and backward as well as the muscles of the arms and chest, an advantage which is not obtained by any other apparatus. The loop can have several rings to receive the ends of several india-rubber or other cords, and the leverage of my extension handle can be varied by adjusting the return ends *c* of the loop into the holes *e, e*, instead of the end hole as shewn in the drawing. The bars *d* can be fitted into recesses in the ends of the wood handle *b* to prevent independent rotation of same. When not in use the extension handle folds inside the ordinary handle. The action of the cleat is similar to that of the ordinary two hole cleat now in use. My improved hooks and thimbles are used as shewn in Figs. 3 and 1, and my improved wall plate in Fig. 3. 25

Having now particularly described and ascertained the nature of my said invention and in what manner the same is to be performed, I declare that what I claim is:— 30

1:—In a gripping handle for exercising apparatus and the like, the extension bars *d, d*, with adjusting holes *e*, and additional handle part *f*, substantially as herein described and set forth.

2:—In an exercising apparatus, the cleat or cord adjuster *i*, substantially as herein described and set forth. 35

3:—In an exercising apparatus the combined thimble and hooks *m* and *n* and wall plate *o, p*, substantially as herein described and set forth.

4:—In an exercising apparatus and the like the combination of the improved adjustable handle *d, f, e*, the cleat *i*, combination hooks *m, n*, wall plate *o, p*, with or without dumb-bells *g*, substantially as herein described and set forth. 40

Dated this 10th day of February, 1903.

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Fig:1.

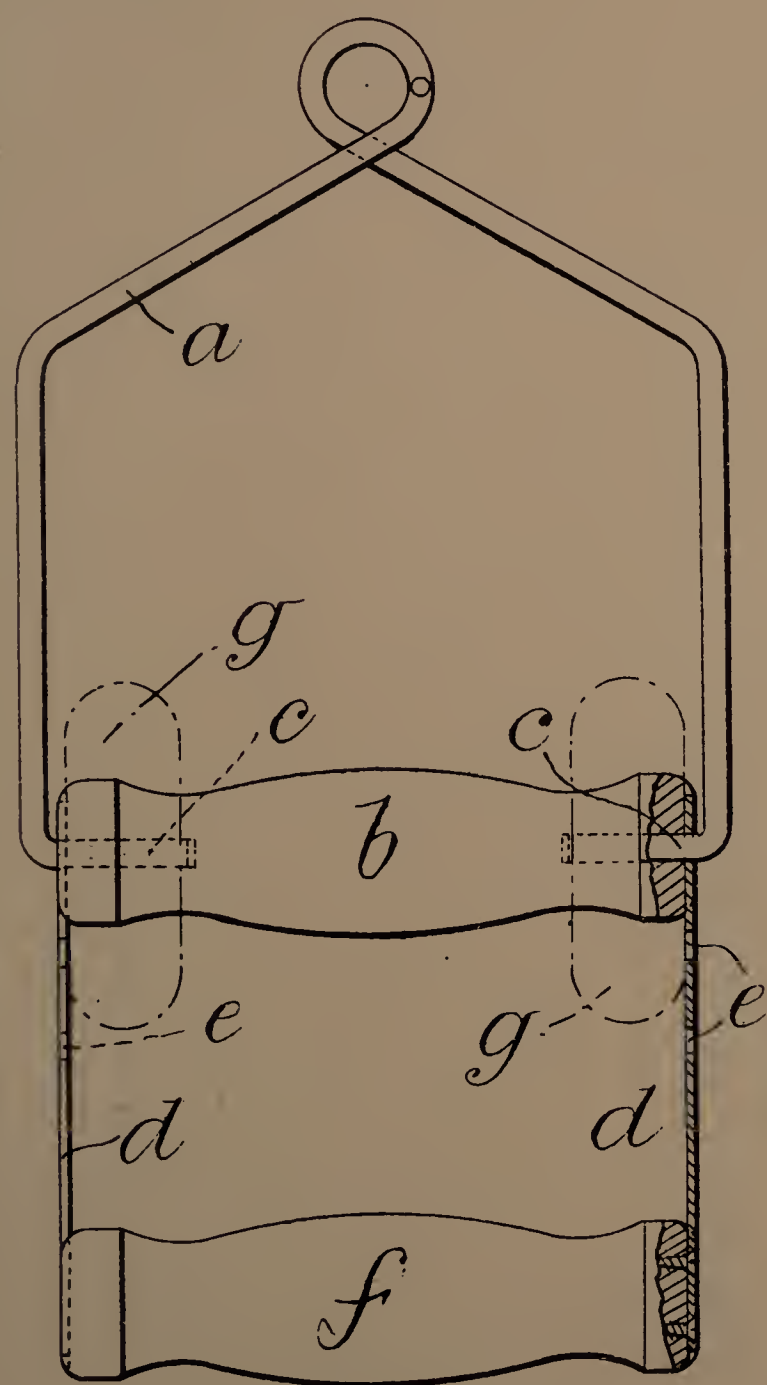


Fig:2.

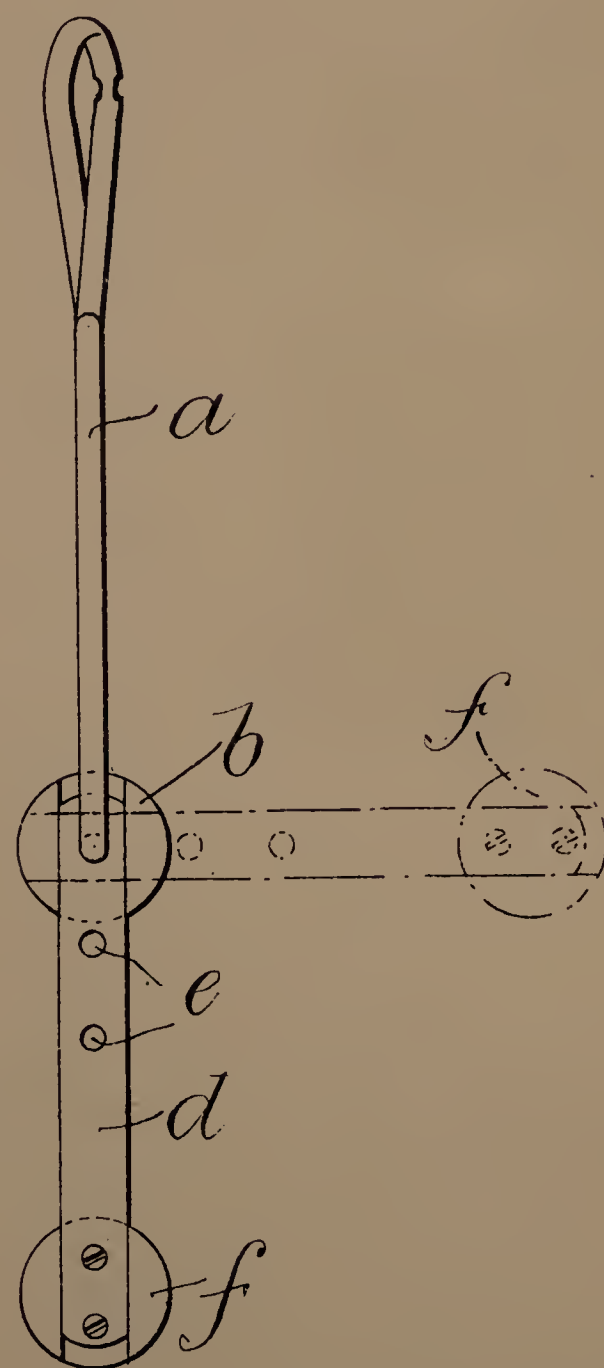


Fig:3.

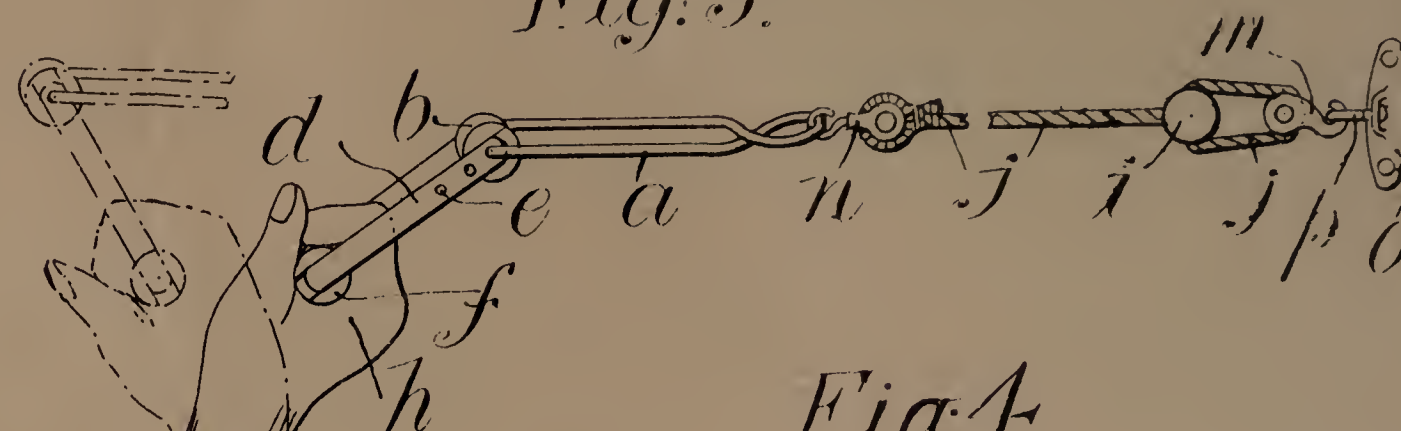


Fig:4.

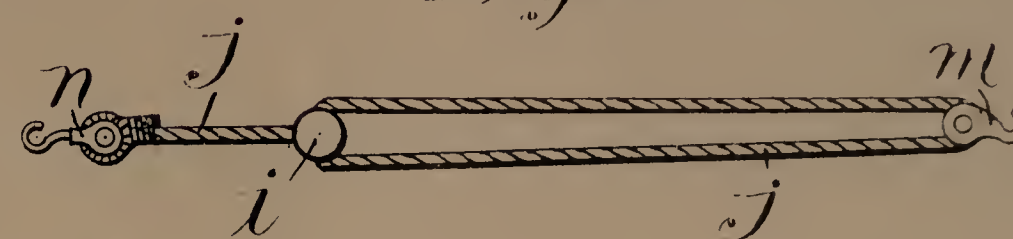


Fig:5.

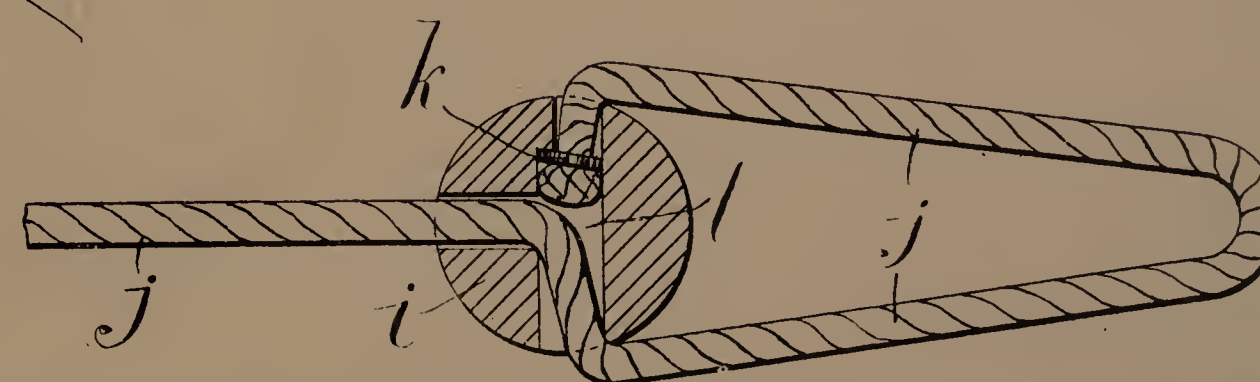


Fig:6.



Fig:9.

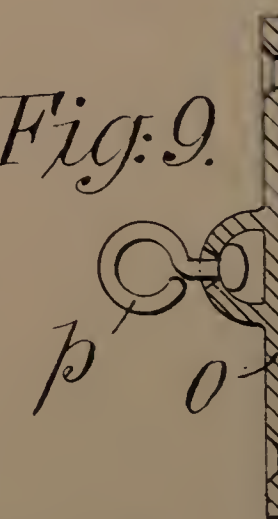


Fig:7.

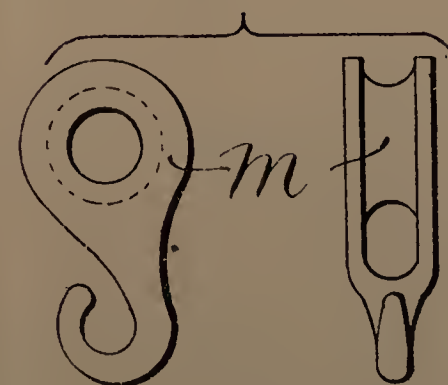
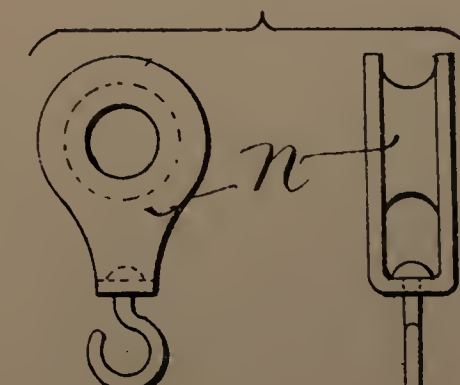


Fig:8.



[This Drawing is a reproduction of the Original on a reduced scale.]

